



THE MIST PATHWAY

A NOT-FOR-PROFIT MISSION
GUIDING YOUR JOURNEY OF
CONSCIOUS LIVING AND
TRANSFORMATION

COME AS YOU ARE.
LEAVE FEELING MORE CONNECTED.

Welcome to The Mist Pathway—
a curated journey of growth, healing,
and self-discovery offered through
weekly classes and transformative
series at Minot Mist.

Whether you're navigating a life
transition, feeling stuck or burned
out, or simply yearning for more
clarity and connection, The Mist
Pathway is designed to meet you
where you are—and guide you
forward.

No prior experience is needed—
just a willingness to grow.

The Evolution of Self - Stages of Transformation

AWAKENING

AWARENESS

ALIGNMENT

EMBODIMENT

AWAKENING

A FRESH START

This stage is about recognizing when something in life isn't working and beginning to explore new ways of thinking, feeling, and being. These classes help you get clear, release stress, and reconnect with what matters.

TUESDAY - Starting June 3rd

10:00 AM – Intro to Human Design: Understand Your Energy Type (*Weekly*)

12:00 PM – Starting June 3rd

Clear the Noise: Releasing Pressure and People-Pleasing (*Weekly*)

FRIDAY - Starting June 7th

10:00 AM – The Evolution of Self: Understanding the Stages of Spiritual Awakening (*Monthly*)

6:00 PM – Starting June 13th

Connect & Integrate: Social connection time (*60 min*) (*Weekly*)

AWARENESS

UNDERSTANDING YOURSELF BETTER

Here, you start to notice the patterns behind your habits, emotions, and relationships. These classes give you tools to build self-awareness and make healthier, more confident choices.

TUESDAY - Starting June 24th

7:00 PM – Navigating Change Without Losing Yourself (*Biweekly*)

WEDNESDAY - Starting June 18th

9:00 AM – Protect Your Energy: Establishing Boundaries (*Weekly*)

THURSDAY - Starting June 12th

9:00 AM – Going Deeper into Human Design: Open Centers & Profile Lines (*Weekly*)

11:00 AM – Starting June 19th

Transforming Fear into Strength (*Biweekly*)

ALIGNMENT

FINDING YOUR RHYTHM

This is where things start to click. You learn how to work with your natural energy instead of pushing against it. These classes help you feel more balanced, focused, and true to yourself—in work, relationships, and daily life.

MONDAY - Starting July 7th

6:30 PM – Conscious Wealth: Healing Your Relationship with Money (*Biweekly*)

WEDNESDAY - Starting June 25th

11:00 AM – Find Your Flow: Accessing Ease, Energy & Alignment (*Weekly*)

6:30 PM – Starting July 9th

Reignite Your Energy & Passion (*Weekly*)

THURSDAY- Starting July 10th

2:00 PM – Soul Bonds & Relationship Dynamics (*Monthly*)

7:30 PM – Starting July 10th

Healing Trust: Rebuilding Connection with Others (*Biweekly*)

EMBODIMENT

BECOMING WHO YOU TRULY ARE

You integrate what you've learned. You lead, love, and create from an authentic, grounded place. These classes support sustainable transformation and aligned leadership.

FRIDAY - Starting July 18th

12:00 PM – Purpose & Presence: Leading Without Burning Out (*Biweekly*)

2:00 PM – Starting July 25th

Conscious Uncoupling: Navigating Separation with Grace (*Monthly*)

SATURDAY - Starting July 19th

10:00 AM – The Empowered Leader Within (*Monthly*)

12:00 PM – Starting July 26th

Empowered Parenting: Raising Children with Consciousness & Compassion (*Biweekly*)

SUNDAY - Starting July 27th

11:00 AM – Conscious Uncoupling (*Rotating*) (*Monthly*)

4:00 PM - Starting August 4th

Weekly Reset: Reflect, Move, Realign (*90 min*) (*Weekly*)

ENROLLMENT & MEMBERSHIP OPTIONS:

PARTICIPATE BY DONATION:

Minot Mist is a nonprofit wellness center. Your contributions support our mission and make these offerings accessible to all.

SUGGESTED DONATIONS:

- Drop-In Class: \$30
- 5-Class Package: \$120 (a \$30 savings = one free class)

Give what you can—no one is turned away for lack of funds.

MEMBERSHIP OPTIONS:

- **Open Flow Membership** – \$149/month. Unlimited classes + access to on-site resources
- **Flow & Grow Membership** – \$199/month. Everything in Open Flow + mentorship, creative guidance & leadership support

HOW CLASSES WORK:

- Classes are part of evolving monthly series
- Attend weekly or drop in as you are
- Most classes are 75 minutes
- Held in person at Minot Mist (select livestream options available)

ALSO AVAILABLE:

Human Design Chart Readings & Personal Development Coaching

This is your space to pause. To listen. To reconnect.
And to realign with the person you're here to become.



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